

A Few Cessation Stories from the Past Year

Log: 6-7 people have attended the support group over the past 6-7 weeks. Two people have used the patch so far. One moved out and the other still trying to quit. One staff person is utilizing her positive quit experience to assist others.

- Transitional housing for homeless men and women with mental illness

Log: Most (if not all) people who have started using the patch have 20+ years of smoking history. People are cutting back, but not quitting completely. They are tracking people's financial savings. People seem most motivated by the money saved.

- Transitional housing for homeless men

"We have decided to permanently close our smoking room on July 1st. Since this will be a significant culture shift, we're concerned about how we can make this a smooth transition and an opportunity to talk to our clients about smoking cessation. We'd love to hear your thoughts about this and how we might get some additional support from your smoking cessation team during this process."

- Night shelter for women

Log: Since the group started at the end of February, there have been about 23 participants and 5 have quit, most all have reduced use and only a couple are still smoking. They really have cohesively worked together in helping each other quit and look forward to the weekly group. No side effects were reported and the nurse that comes at the end of group has been beneficial. There were 7 participants and 2 of them report saving money. One woman has saved \$200 and bought a CD player with the money she saved and a gentleman reported having over \$100 in his savings account. All of them requested a Quit Line poster with the 'Cold Turkey' message. Blood pressure and weight were an issue previously, but have now 'stabilized.'

- Outpatient mental health agency

Log: The response has been very positive. A staff member has also just completed her first week of being quit. Staff now go to the alley to smoke. Staff person organized a 'morning juice hour' with clients who are quitting so they can get together for support. One other staff is in the process of quitting.

- Shelter and transitional housing for men

Log: Received several emails in the last couple weeks. She says all is going great and that the response is excellent. Requested 3 boxes of each (14s/21s) and 1 box of 7's since the training... They have 12 distributors on site and often have a waiting list for clients who want the patch... There are SEVERAL people receiving NRT and follow up and many have been successful. I haven't had the chance to go through and get solid #s yet...

- Outpatient chemical dependency agency

Log: 4 people are in the process of quitting. Requested refill for 21mg. I talked to a resident at the front desk when I dropped the patches off. He's been on the patch for 1 week and has not lit up. He's very appreciative of the patches and has not experienced any side effects. He receives follow up and support from staff which has helped in his success.